



# F.E.S. February Newsletter



February 2014

## Vision

F.E.S. students will be passionate life-long learners who contribute as responsible leaders in a global community

## Mission

The F.E.S. community is dedicated to providing opportunities through best educational practices, for children to develop academically, socially, physically and emotionally, reaching their fullest potential.

## Curriculum Open House

We are very excited about our upcoming Curriculum Open House. This year our focus is Art Around the World. Each class has chosen a country to learn about. The classes are choosing an art project to create that is indigenous to their chosen country. We are very fortunate to have a local artist, Elena Redkina working with the students and teachers. This was made possible through our acquisition of an "Art Smart Grant".

The school will be set up as an Art Gallery for the evening. We will be using the lobby, main hallway, gymnasium, library, and the hallway around the library. As you browse the gallery, the students will be able to inform you about the process they used to create their project. We are sure this will be a fabulous evening and hope you will join us on February 20th.

This evening will help to support Ends Policy #4 in

our School Improvement Plan -  
□ To enhance family engagement and community partnerships.

Below is a photo of Mrs. Redkina working with the students in Mrs. Shillington's grade 2 class.



## Winter Carnival Week

We will be celebrating winter carnival week at F.E.S. from February 24-28th. We are excited to be planning a fun-filled week with our students. Monday will be our outside winter activity stations. On Tuesday Little Ray's Reptile Zoo will visit and each grade level will have a 45 minute hands-on show. Pink Shirt day is on Wednesday and we will also have a visit from TNB with their production of Wally Finds his Inner Bear. On Thursday we want the students to show their school spirit by dressing in our school colours—blue and grey. Finally, Friday is IWK PJ day. Students are invited to pay \$2. to wear their PJs to school. What a fun week this will be!

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Mrs. Bonnie Hierlihy  
Principal  
Mrs. Julie McNamee  
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Mrs. Tara Cowan  
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## Valentine's Day

We encourage everyone to come dressed in **Valentine's colours (red, pink, and white)** to celebrate Valentine's Day .

Congratulations to Liv Hawker whose picture was selected as a gift to the district's retiring Fine Arts Supervisor, Hugh Kennedy. She is holding her artwork is in the top left corner.

# Important February Dates

|                             |   |
|-----------------------------|---|
| Feb 10-14                   | Staff Appreciation Week                                     |
| Feb. 10-14                  | Internet Safety Week  |
| Feb. 12                     | Grade 4 Pancake Breakfast (Thank you to Superstore)         |
| Feb. 13                     | Day 100   |
| Feb. 13                     | Sweetheart Concert 11:45 in the library                     |
| Feb. 13                     | PSSC Meeting—7:30 in the library                            |
| Feb. 17                     | Professional Learning Day ( <b>No school for students</b> ) |
| Feb. 20                     | Art Curriculum Night  |
| Feb. 22                     | Healthy lunch website open                                  |
| Feb. 24-28                  | Winter Carnival Week  |
| Feb. 24                     | Home and School Meeting 7:30 PM                             |
| Feb. 25                     | Little Ray's Reptile Zoo to visit                           |
| Feb. 26                     | Pink shirt day  |
| Feb 26                      | TNB to perform Wally Finds his Inner Bear                   |
| Feb. 27                     | Online food ordering ends                                   |
| Feb. 28                     | PJ day to support the IWK \$2.                              |
| <b>Skating</b>              |   |
| Feb 6, 13, 20, 27, March 13 | 4 MacGillivray, 4 Woods, K Patterson K Reevey /Veale,       |

## Welcome and Farewell

We would like to wish Mrs. Milburn all the best as she is taking a pre-retirement leave for the rest of this school year. We would like to welcome Jill Hossack who will be taking Mrs. Milburn's place. Jill is a familiar face around F.E.S. as she has two children here and filled in for Mrs. Josselyn last year. We are pleased also to have Bryan Raymond join us this term as a student intern from UNBSJ working with Mrs. Urquhart. Welcome also to our new Kindergarten support workers: Tina Campbell, Leverne Cochrane, Kristin Zwicker, and Anna Hull. We want to thank Christine Daley, Hailey O'Brien, and Helen Way who were excellent in these positions in the fall.

## Literacy Corner

**Ends Policy #2** Students at FES will demonstrate continuous improvement in literacy skills, striving to meet or exceed the standards set by the Province of New Brunswick.

### Tune In To Interesting "Million Dollar" Words

When children learn to tune in to interesting million dollar words, they build awareness and understanding of words. This leaves them with "thinking power" to comprehend and make meaning of what is read. They expand their vocabulary by focusing on these new words and their meaning. By looking for words that are interesting and unique, children not only increase their vocabulary, but they also enhance their comprehension. A child must have multiple exposures to a word before it becomes part of his/her vocabulary.

The children are learning that picking the "just right" word will get the message across clearly and precisely. Too often they have relied on overused words such as "said" and "nice." Keep that in mind as you read out loud. Ask your child to listen for million dollar words. If, for example, your child suggests that "yelled" is a good substitution for "said" then he/she has made the connection.

How can you help your child with this strategy at home?

- 1.) When your child is reading or you are reading to your child, ask your child to find three interesting million dollar words. Have your child write these words down and talk about the meaning of these words. See if anyone in your family is able to use these words in a sentence.
- 2.) Encourage your child to find interesting million dollar words when watching television or in daily conversation. When tuning in to an interesting word, help your child understand the meaning of the word.
- 3.) As you are reading a magazine, newspaper, or book, tune into an interesting million dollar word and share it with your child.
- 4.) Compile a list of these interesting words on the fridge or some other predominant place, and continually add to the list.

Have fun with words!

Mrs. Debbie Gillis, EST- Literacy.

Ideas and strategies are taken from *The Café Book*, written by Gail Boushey & Joan Moser and *Language Arts Grades 1-2 The Teacher's Resource Book* by editor Miriam Trehearne

## COUNSELOR'S CORNER: BUILDING SKILLS AT HOME IN FEBRUARY

### HABIT 4: THINK WIN-WIN

Thinking win-win (or always thinking about another as well as yourself) is one of the great mental habits we can teach our kids. After all life isn't just about me, it's not just about you, it's about all of us. In order to think win-win, we have to balance courage for getting what we want with consideration for what others want. We must look for ways to make deposits into other people's emotional bank accounts. When conflicts arise, those who think win-win look for third alternatives.

When we work to find ways for everyone to be happy we actually enjoy life more. In habit four, basic types of thinking mindsets are examined. Win-lose is the mindset of winning no matter what. Win-lose is competitive and in the end usually backfires on us. You may end up on top of the totem pole but you may be alone.

The next mindset is lose-win. This mindset on the other hand is when you are a doormat. You are always giving in and not sticking up for yourself. Then there is the lose-lose mindset. This is the downward spiral way of thinking. If I am going down than you are too.

The best mindset is win-win which is the belief that everyone can win. This is the mindset that shows you care about other people and want them to succeed but you also care about yourself and want to succeed. It's the belief that there is plenty of success to go around.

#### Mindsets

|  |   |
|--|---|
| <p><b>WIN-WIN: THE ALL-YOU-CAN-EAT-BUFFET</b></p> <p>Characteristics</p> <p>Teamwork is key: not your way or my way but the best way for all in the group</p> <p>Find ways for everyone to be happy with the decision</p>  | <p><b>WIN-LOSE: The TOTEM POLE</b></p> <p>Characteristics</p> <p>If only one can win, it's going to be. I will make sure I am at the top of the totem pole.</p> <p>I will succeed at the expense of others</p>                      |
| <p><b>LOSE-WIN: THE DOORMAT</b></p> <p>Characteristics</p> <p>I will be the peacemaker and I will let others walk over me to avoid any conflict.</p> <p>Tend to sacrifice too much of their own feelings, ideas, and time so the group can achieve</p> <p>Tend to develop low expectations</p> | <p><b>LOSE-LOSE: THE DOWNWARD SPIRAL</b></p> <p>Characteristics</p> <p>If I can't have my way, you're all going down with me.</p> <p>This mindset wants to bring the group down even if their actions bring the group down too.</p> |

Developing a Win-Win attitude is not easy. But you can do it. In time it will become a mental habit. It will become part of who you are. Thinking Win-Lose and

Lose -Win will cloud your judgment and fill you with negative feelings. Thinking Win-Win will fill your heart with happy thoughts and feelings. It will give you confidence. Everyone likes to be around people who are big-hearted and willing to share recognition. Think Win-Win is an attitude toward life, a mental mindset that says I can win and so can you. If parents have a win-win approach to life, then their children and all those with whom they have contact, will be the beneficiaries.

For win-win solutions to difficult problems, please contact:

Jane Perkins Love Guidance Counsellor

Jane.perkinslove@nbed.nb.ca 847-6304

## 2014 Pink Shirt Day At Fairvale Elementary School

On Wednesday, February 26th we are asking everyone in the school to wear pink. This year is the seventh annual Pink Shirt Day in Canada and it is Fairvale Elementary School's fifth annual Pink Shirt Day.

Pink Shirt Day is a way to show our support for the anti-bullying movement. It's a way to say "We've had enough. Bullying hurts and together we can put a stop to it. We will not stand back and watch bullying happen or be part of the bullying. We will stand up against bullying".

The Pink Shirt Day movement was started by two grade 12 students in Nova Scotia. Now Pink Shirt Day is an annual event throughout Nova Scotia and much of Canada. This is an incredible example of how one simple act can generate much excitement and change. Since then the movement has taken on a life of its own, with schools across Canada getting in on it and encouraging students to wear anything pink on the designated day.

So, boys and girls, men and women at Fairvale Elementary School, on Wednesday, February 26th, wear pink. Let's beat last year's record of 65% of students and staff wearing pink. This will let people know that at Fairvale Elementary School, we will follow the I-Care Rules, we will be COOL, not Hot or Cold and we will Live the 7 Habits.

## Home and School Updates

February is another busy month for the home and school. We are very happy to be organizing a fun filled staff appreciation week from February 10-14th. We are looking for volunteers to help with treats for our fantastic staff and also for any volunteers who can help with lunch hour inside supervision. If you are able to help in any way please contact Amanda Rouse by email: amanda@rousehouse.ca or by phone 849-5486.

We are also in need on volunteers to help serve hot chocolate and morning snacks to the kids during winter carnival activities on Thursday, February 27th. If you can assist with this please let us know by emailing fairvale-homeandschool@gmail.com

Did you know that our hot lunch program is one of the biggest initiatives offered by the home and school? It takes many hands to make sure that all orders are processed and distributed to our students each day. We are in need of volunteers who can help with counting the hot lunch orders. Counting will take place on Friday, February 28th at 8:15am in the after school room.

Fit-Tastic is up and running once again and we are excited with all the programs that are currently being offered. Our programs with Sky Athletics and Fundy Soccer will run through February. Information on our spring programs will be coming home with your child in March. A big thank you to Kim Wright who has taken on the role of our Fit-Tastic co-ordinator.

## Skating

We have a large supply of skates and helmets available for those families who may not have their own. Please contact the school to borrow a set. Our skating program is designed to promote physical activity and to provide children with an opportunity to learn and prac-

## News from your PSSC

Our Child Wellness Night was a complete success! We had over 50 parents from FES and from other local schools attend our 90 minute seminar on healthy eating and child anxiety. Aisha Khedheri, a Nutritionist with the NB Department of Health, discussed strategies for Healthy Eating for Busy Families followed by a presentation by Angela Gionet, a Psychologist with the Anglophone South District, who spoke about Childhood Anxiety. Both presentations were informative and the slideshows will be shared on the FES and Home & School websites. We hope to have more parent seminars, if you have a suggestion for a topic to be covered, let us know!

Our next PSSC meeting is Feb. 13th at 7:30pm in the FES library and all parents are welcome to attend. If you have questions, concerns, or suggestions, please contact the committee at FESPSSC@nbed.nb.ca or you may also contact any member directly.

## Pancake Breakfasts Are Back!

Thanks to the generous donation of the Superstore, we will be having our popular pancake breakfasts again this year. Please see the schedule to the right.

|              |            |
|--------------|------------|
| Gr. 5        | January 15 |
| Gr. 4        | Feb. 12    |
| Gr. 3        | March 12   |
| Gr. 2        | April 2    |
| Gr. 1        | May 7      |
| Kindergarten | June 4     |

# Problem Solving Strategy of the Month

## WORK BACKWARDS



What if you know the result of a situation, but you don't know the beginning? For example, you might know that you end up with thirteen baseball cards after doing a certain number of trades and you want to figure out how many cards you had before the trading started. In that case you need to work backwards; you have to think about your actions in reverse order. This strategy works for any sequence of actions when you know the end result rather than the starting place. Try **working backwards** to solve these problems:

| K - 2                               | 3 - 5   | Challenge!  |
|-------------------------------------|---|---|
| <p>What is the starting number?</p> | <p>Jo gave a number problem to Nelda. She told her to pick a number, add 10 to it, double that sum, and then subtract 5. Nelda's answer was 39. What number did she start with?</p> | <p>What is the starting number?</p> <ul style="list-style-type: none"> <li>Start at <input type="checkbox"/></li> <li>Add 6</li> <li>Multiply by 2</li> <li>Divide by 8</li> <li>End at 9.</li> </ul> |

## A Glimpse of Literacy Week

